

Nutrition

Resources and Information

TENNESSEE

Action for Healthy Kids – TN

http://www.actionforhealthykids.org/state_profile.php?state=TN

CDC Fact Sheet, *The Obesity Epidemic and Tennessee Students*

<http://www.cdc.gov/healthyyouth/overweight/pdf/Tennessee.pdf>

National Dairy Council - Tennessee

<http://www.nationaldairycouncil.org/NationalDairyCouncil/Press/Spokespeople/LocalTennessee.htm>

Tennessee Department of Education – School Nutrition

<http://www.state.tn.us/education/support/nutrition.shtml>

Tennessee Dietetic Association

<http://www.eatright-tn.org/index.htm>

Tennessee Healthy Weight Network

<http://tnhealthyweight.org/>

University of Tennessee Extension – Food and Nutrition

<http://www.utextension.utk.edu/topics/FoodNutrition/default.asp>

University of Tennessee Extension – Tennessee Shapes Up

<http://tnshapesup.tennessee.edu/>

NATIONAL

A Foundation for the Future II outlines key characteristics of local wellness policies approved by a sample of 140 school districts in seven regions of the United States. These districts account for 3.5% of the nation's K-12 students. This report follows the release in October 2006 by SNA of an analysis of the local wellness policies approved for the 100 largest school districts by enrollment. The full report is available here:

http://www.schoolnutrition.org/uploadedFiles/SchoolNutrition.org/News_&Publications/School_Foodservice_News/New_Folder/Regional%20LWP%20Report.pdf

Agriculture in the Classroom

www.agclassroom.org/

American Association of Diabetes Educators

www.aadenet.org

American Diabetes Association

www.diabetes.org

American Dietetic Association

www.eatright.org

American Heart Association

www.americanheart.org/

Cancer Prevention and Nutrition

www.dhs.ca.gov/ps/cdic/cpns/

Center for Nutrition Policy and Promotion - USDA

www.usda.gov/cnpp

Centers for Disease Control and Prevention, U.S. Department of Health and Human Services

www.cdc.gov/

- **Healthy Schools, Healthy Youth**
www.cdc.gov/HealthyYouth/index.htm
- **Nutrition and Physical Activity**
www.cdc.gov/nccdphp/dnpa/nutrition/index.htm
- **National Bone Health Campaign**
www.cdc.gov/powerfulbones/
- **School Health Index: A Self-Assessment and Planning Guide**
www.cdc.gov/nccdphp/dash/SHI/index.htm

Changing the Scene: Improving the School Nutrition Environment:

teamnutrition.usda.gov/Resources/changing.html

Child Care Nutrition Resource System

www.nal.usda.gov/childcare

Creating School Environments that Support Healthy Eating: California's Project Lean

www.activelivingbydesign.org/fileadmin/template/documents/hebd_meeting/presentations/Agron.pdf

Dole Nutrition Program

www.dole5aday.com

Eat Smart and Play Hard, U. S. Department of Agriculture, Food and Nutrition Service

<http://www.fns.usda.gov/eatsmartplayhard/>

Five-a-Day for Better Health Program

www.5aday.gov

Food Allergy and Anaphylaxis Network

www.foodallergy.org/

Food and Drug Administration

www.fda.gov

Food Assistance & Nutrition Research - USDA

www.ers.usda.gov

Food, Nutrition and Consumer Services

www.fns.usda.gov/fncs/

- **Eat Smart, Play Hard**

www.fns.usda.gov/eatsmartplayhard/

Food Research and Action Center

www.frac.org

Food Research & Action Center, *Child Nutrition Fact Sheet*

<http://www.frac.org/pdf/breakfastforlearning.PDF>

Food Safety Information

www.foodsafety.gov

Healthy School Meals Resource System

schoolmeals.nal.usda.gov/

How Social Trends Affect Children's Nutrition: Implications for Schools

www.nal.usda.gov/fnic/service/learnpub.html

MyPyramid

www.mypyramid.gov/

National Agricultural Library, Foodborne Illness

www.nal.usda.gov/fnic/foodborne/fbindex/index.htm

National Association of State Boards of Education

Fit, Healthy and Ready to Learn

www.nasbe.org

National Center for Health Statistics, *Calories In and Calories Out: Food and Exercise in Public Elementary Schools, 2005*

<http://nces.ed.gov/Pubs2006/nutrition/01.asp>

National Eating Disorders Association

www.nationaleatingdisorders.org

National Food Service Management Institute

www.nfsmi.org

Nutrition.gov - A Service of the National Agricultural Library, U.S. Department of Agriculture

www.nutrition.gov/

Planet Health

Physical Activity and nutrition lessons are woven into existing middle school curriculum. This program is effective in reducing TV viewing time in both boys and girls and decreasing obesity in girls. Planet Health is readily adopted by teachers.

<http://www.cdc.gov/prc/tested-interventions/adoptable-interventions/planet-health-obesity-reduction-school-children.htm>

School Foods Toolkit

The Center for Science in the Public Interest (CSPI) has developed a new School Foods Tool Kit to help parents, health professionals, community groups, teachers and school administrators to improve the nutritional quality of the meals, snacks and drinks available to students. The Kit includes: model policies, fact sheets, advice about how to influence school decision makers and build support for change, sample letters, flyers and other model materials, and more. This kit is available at no charge.

www.cspinet.org/schoolfoods

School Guidelines on Dealing with Food Allergies (requires Adobe Acrobat software)

Food allergies can be life-threatening. The risk of accidental exposure to foods can be reduced in the school setting if schools work with students, parents, and physicians to minimize risks and provide a safe educational environment for food-allergic students.

<http://www.state.tn.us/education/schoolhealth/>

School Nutrition Association

www.schoolnutrition.org

TEAM Nutrition

The TEAM nutrition site is where to go for everything related to wellness plans.

<http://www.fns.usda.gov/tn/>

The Vegetarian Resource Group

www.vrg.org

U. S. Department of Agriculture: Child Nutrition Home Page

www.fns.usda.gov/cnd/

- **Community Nutrition Mapping Project (CNMap)**

This online resource for checking a state's nutritional health includes information

on food security, nutrient intakes, physical activity and body weight, and healthy eating patterns. Food security is defined as access by all people at all times to enough food to lead an active, healthy life. This online tool provides a series of easy-to-read tables and color-coded customized maps.

www.barc.usda.gov/bhnrc/cnrg/cnmapfr.htm

U. S. Departments of Agriculture and Health/Human Services, *Nutrition and Your Health: Dietary Guidelines for Americans*

www.health.gov/dietaryguidelines

U.S.D.A., Food and Nutrition Service, *Discover School Breakfast Toolkit*

<http://www.fns.usda.gov/cnd/Breakfast/toolkit/Default.htm>

U. S. Department of Health and Human Services

www.dhhs.gov

- **4 Girls Health**

www.4girls.gov/

- **4 Women's Health**

www.womenshealth.gov

We Can!, National Heart and Lung Institute, Department of Health and Human Services, National Institutes of Health , Ways to Enhance Children's Physical Activity and Nutrition

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>